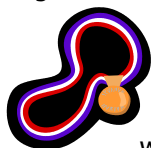




# WARRINGAH ARCHERS NEWSLETTER March 2007

[www.warringaharchers.com.au](http://www.warringaharchers.com.au)

Congratulations to the following members who placed at the **Short Distance Championships held at Homebush 10<sup>th</sup> February**, results can be found on [archerynsw.com](http://archerynsw.com) website:



**Gold:** Ken Raye (MCBM), Aimee Deaves (LR)  
**Silver:** Michael Salmon (CadetBC), Jack Salmon (InterBC), Jenny Wandl (LRV),  
**Bronze:** James Johnston (MR), Scott Wandl placed 4<sup>th</sup> (CadetBR), Cain Beckett placed 7<sup>th</sup> (MR).

## Metropolitan Championships: 3/ 4<sup>th</sup> March, 2007

**Silver:** Sam Shennan MCDivn 2 scoring 1238 & 1264 – two Grand Master Bowmen Ratings  
**Bronze:** James Johnstone MRDivn 1 scoring 1174 & 1194 – two Master Bowmen Ratings

## Classifications:

<b>Paul Dilley</b>	<b>MRM</b>	<b>2<sup>nd</sup> Target*</b>
<b>Tom Benstead</b>	<b>IntBC</b>	<b>1<sup>st</sup> Target*</b>
<b>Master Bowmen Target 2007</b>		
<b>Sam Shennan</b>	<b>JunBC</b>	<b>MB Target*</b>
<b>Grand Master Bowman Target 2007</b>		
<b>Ken Raye</b>	<b>MCM</b>	<b>1<sup>st</sup> Target*</b>
<b>Peter Dickeson</b>	<b>MRM</b>	<b>3<sup>rd</sup> Target*</b>
<b>Joshua Seymour</b>	<b>IntBC</b>	<b>3<sup>rd</sup> Target</b>

\*indicates retained from 2006

## Changes in Indoor Rating:

<b>Tom Peek</b>	<b>MRV</b>	<b>20 to 21</b>	<b>3/3/07</b>
<b>Jim Barber</b>	<b>MCM</b>	<b>78 to 80</b>	<b>10/2/07</b>
<b>Conan Omori</b>	<b>IntBR</b>	<b>40 to 42</b>	<b>17/2/07</b>
<b>Joshua Seymour</b>	<b>IntBC</b>	<b>xx to 34</b>	<b>10/3/07</b>
<b>Joshua Seymour</b>	<b>IntBC</b>	<b>34 to 41</b>	<b>10/3/07</b>
<b>Rob Jacobs</b>	<b>MR</b>	<b>34 to 38</b>	<b>10/3/07</b>
<b>Joshua Seymour</b>	<b>IntBC</b>	<b>41 to 43</b>	<b>11/3/07</b>

## 1<sup>st</sup> place - Sportsperson of the Year rankings for 2006:

Nick Raye	CadetBL	20 points
Scott Wandl	CadetBRB	11 points
Sam Shennan	JuniorBC	13 points
Ken Raye	MCBM	5 points
Maria Johnston	LLongbow	25 points
Aimee Deaves	LR	38 points
Jack Britton	MLongbow	36 points

These are added to the club aggregate scores which have been in place since 2001 with the following members achieve the following milestones:

## WARRINGAH ARCHERS MEDAL ROLL OF HONOUR

Linked to the ArcheryNSW, Sportsperson of the Year Awards which allocates points based on 1/2/3<sup>rd</sup> placings in divisions entered by members on events held by the Clubs & Society listed on the Tournament Calendar.

### 25 POINTS

2003	Jack Britton	47 points
2004	Aimee Deaves	46 points
2004	Scott Wandl	46 points
2003	Sam Shennan	44 points
2006	James Johnstone	42 points
2006	Ian Stokes	41 points
2002	Tom Benstead	39 points
2002	Nick Johnston	39 points
2001	Adrian Harper	38 points
2002	Caitlin Inkster	35 points
2004	Laura Shennan	35 points
2006	Maria Johnston	34 points
2006	Nick Raye	34 points
2004	Thomas Mann	33 points
2002	Sarah McNeill	32 points
2004	William Mann	32 points
2005	James Johnstone	31 points
2002	Ryan Walters	30 points
2002	Christine Saleeba	30 points
2001	Janelle Inkster	29 points
2005	Ken Raye	29 points
2006	Jenny Wandl	29 points
2002	Sleiman Saleeba	26 points

### 50 POINTS

2004	Jack Britton	80 points
2003	Tom Benstead	76 points
2005	Aimee Deaves	75 points
2003	Ryan Walters	73 points
2005	Scott Wandl	66 points
2004	Sam Shennan	61 points
2002	Nick Johnston	58 points
2003	Adrian Harper	58 points
2003	Christine Saleeba	58 points
2002	Caitlin Inkster	56 points
2004	Janelle Inkster	52 points
2002	Sarah McNeill	51 points
2005	Laura Shennan	51 points
2004	Sleiman Saleeba	50 points

### 100 POINTS

2005	Jack Britton	124 points
2006	Aimee Deaves	113 points
2004	Caitlin Inkster	112 points
2006	Adrian Harper	109 points

2004	Tom Benstead	106 points
2004	Ryan Walters	102 points
2006	Sam Shennan	100 points

### 150 POINTS

2006	Jack Britton	160 points
2006	Tom Benstead	158 points

**Where will you place in 2007?  
Can increase your points !!!**



## BIRTHDAYS April 2007

Andre Sanossian (3<sup>rd</sup>) Liam  
Barrell (13<sup>th</sup>), Maria Johnston  
(16<sup>th</sup>), Jack Salmon & Peter  
Wearne (22<sup>nd</sup>), Andrew Nettleton (27<sup>th</sup>)

### Changes in Target Rating:

Dave Onslow	MLV	25 to 26	10/2/07
Morgan Montgomery	IntBR	xx to 17	24/2/07
Jack Salmon	IntBC	60 to 62	17/2/07
Michael Salmon	CadBC	55 to 56	17/2/07
Dave Onslow	MLV	26 to 29	18/2/07
James Wells	CubBR	xx to 3	18/2/07
Jack Salmon	IntBC	62 to 63	18/2/07
Conan Omori	IntBR	46 to 48	24/2/07
Jeremy Carlen	CubBR	xx to 10	25/2/07
Joshua Seymour	IntBC	xx to 35	25/2/07
Tom Peek	MRV	17 to 20	3/3/07
Roland Kooy	CadBR	xx to 6	3/3/07
Morgan Montgomery	IntBR	22 to 24	3/3/07
Joshua Seymour	IntBC	35 to 39	3/3/07
Sam Shennan	JunBC	81 to 86	4/3/07
Joshua Seymour	IntBC	39 to 49	4/3/07
Jeremy Carlen	CubBR	xx to 11	4/3/07
Rob Jacobs	MR	36 to 45	10/3/07
Morgan Montgomery	IntBR	24 to 26	10/3/07
Sam Shennan	JunBC	86 to 88	10/3/07
Tom Benstead	IntBC	74 to 75	10/3/07
Jack Salmon	IntBC	63 to 67	10/3/07
Jeremy Carlen	CubBR	11 to 13	11/3/07
Tom Peek	MRM	20 to 26	17/3/07
Rosie Jacobs	IntGR	17 to 24	17/3/07
Nathan Gardner	IntBR	xx to 6	17/3/07
Steve Jennison	MCM	82 to 83	18/3/07
Aimee Deaves	LR	84 to 85	18/3/07

### Warringah Archers Development Program

#### AdBow Qualifiers:

David Onslow	MLV	40m 122c	196
Tom Peek	MRV	25m 60cm	84
Scott Abrahams	MR	15m 40cm	146
Patrick Bailey	MR	10m 60cm	242

#### KidBow Qualifiers:

Brodie Wharepouri	CubBR	10m 60cm	218
Brodie Wharepouri	CubBR	10m 40cm	180
Conan Omori	InterBR	10m 122cm	296
Conan Omori	InterBR	10m 40cm	259
Conan Omori	InterBR	15m 122cm	273
Conan Omori	InterBR	15m 80cm	277
Elliott Peek	InterBR	10m 80cm	254
Elliott Peek	InterBR	10m 60cm	195
Jack Salmon	InterBC	50m 122cm	231

Jack Salmon	InterBC	40m 122cm	277
Jack Salmon	InterBC	30m 122cm	278
Jeremy Carlen	CubBR	18m 122cm	213
Jeremy Carlen	CubBR	20m 122cm	213
Jeremy Carlen	CubBR	20m 80cm	170
Jeremy Carlen	CubBR	20m 60cm	126
Joshua Seymour	InterBC	15m 80cm	268
Joshua Seymour	InterBC	15m 60cm	268
Joshua Seymour	InterBC	15m 40cm	123
Joshua Seymour	InterBC	18m 122cm	290
Joshua Seymour	InterBC	18m 80cm	232
Joshua Seymour	InterBC	18m 60cm	249
Joshua Seymour	InterBC	18m 40cm	211
Joshua Seymour	InterBC	20m 122cm	266
Joshua Seymour	InterBC	20m 80cm	238
Joshua Seymour	InterBC	20m 60cm	239
Joshua Seymour	InterBC	25m 122cm	260
Joshua Seymour	InterBC	25m 80cm	242
Joshua Seymour	InterBC	25m 60cm	201
Nathan Gardner	CubBR	10m 60cm	195
Nathan Gardner	CubBR	10m 40cm	178
Nathan Gardner	CubBR	15m 122cm	225
Mitchell Dickeson	InterBR	10m 80cm	280
Morgan Montgomery	InterBR	10m 40cm	197
Morgan Montgomery	InterBR	15m 122cm	239
Morgan Montgomery	InterBR	15m 80cm	243
Morgan Montgomery	InterBR	15m 60cm	193
Morgan Montgomery	InterBR	15m 40cm	170
Morgan Montgomery	InterBR	18m 122cm	247
Morgan Montgomery	InterBR	18m 80cm	229
Peter Wearne	CubBR	10m 80cm	234
Peter Wearne	CubBR	10m 60cm	216
Peter Wearne	CubBR	10m 40cm	182
Rowan Kooy	CadetBR	15m 80cm	165
Rowan Kooy	CadetBR	15m 60cm	142

### Club Shoot – 18<sup>th</sup> February 2007

#### Victoria – 90 arrows @ 70m 122cm face

Aimee Deaves	LR	740 (84)	1 <sup>st</sup>
James Johnstone	MR	713 (79)	1 <sup>st</sup>

#### Winnellie – 90 arrows @ 60m 122cm face

Michael Salmon	InterBC	613 (57)	1 <sup>st</sup>
Alan Dickeson	MRM	490 (44)	3 <sup>rd</sup>

#### Melbourne – 90 arrows @ 50m 122cm face

Paul Dilley	MRM	673 (55)	2 <sup>nd</sup>
Peter Dickeson	MRM	462 (33)	3 <sup>rd</sup>
Hank Rutgers	MRV	431 (30)	3 <sup>rd</sup>

#### Darwin – 90 arrows @ 40m 122cm face

Jack Salmon	InterBC	786 (64)	3 <sup>rd</sup>
Mitchell Dickeson	InterBR	576 (34)	2 <sup>nd</sup>
Dave Onslow	MLV	564 (32)	3 <sup>rd</sup>
Conan Omori	InterBR	510 (27)	3 <sup>rd</sup>
Robert Willis	JuniorBR	436 (21)	
Ken Raye	MLM	427 (20)	3 <sup>rd</sup>
James Smythe	InterBR	330 (12)	

#### Geelong – 90 arrows @ 30m 122cm face

Steve Jennison	MCM	873 (81)	3 <sup>rd</sup>
James Wells	InterBR	422 (8)	

#### Mrs. Maggott – 90 arrows @ 15m 122cm

James Seymour	InterBC	799 (31)	3 <sup>rd</sup>
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### DEALING WITH PRESSURE

How many of you shoot really well in practice, but when it's tournament time things seem to fall apart? In practice you are nice and relaxed and the shots

feel so good. But let the Director of Shooting blow the whistle for score and WHAM! Your heart rate increases to 150 beats per minute, you start breathing shallow, your hands sweat, your bow starts shaking, the sight pin will not sit still, and when you finally get the clicker to go off the shot feels terrible. Sound familiar?? Well, you can relax because you are not alone. I have good news and bad news. The bad news is those feelings will never go away! The good news is you can learn to deal with them and even make them work for you. Besides, isn't getting all excited half the fun of shooting tournaments?

Let's starts with how you practice. Most archers have full-time jobs, families, bills, school & homework, and lots of other responsibilities that interfere with, take time away from, or conflict with, their ability to practice. So when they do make it out to the range it is usually in a mad rush. They throw their bow together and start shooting arrows. Sound familiar? I know I am guilty of falling into that routine. The type of practice is not all bad and sometimes it is nice to shoot arrows just for the simple pleasure of it. However, if you want to get the most out of practice you should have a plan before you start.

### Club Shoot 11<sup>th</sup> March, 2007

#### 1/2 Horsham

Paul Dilley	MCM	577 (50)	3 <sup>rd</sup>
Peter Dickeson	MRM	517 (40)	3 <sup>rd</sup>
Alan Dickeson	MRM	512 (39)	3 <sup>rd</sup>
Mitchell Dickeson	InterBR	490 (36)	2 <sup>nd</sup>
Hank Rutgers	MRV	470 (33)	3 <sup>rd</sup>
Robert Willis	JuniorBR	427 (28)	3 <sup>rd</sup>
Chris Hewson	InterBR	212 (4)	
James Smyth	InterBR	144	

#### 1/2 Intermediate

Jack Salmon	InterBC	596 (63)	1 <sup>st</sup> **
Michael Salmon	CadetBC	536 (51)	2 <sup>nd</sup>
Conan Omori	InterBR	271 (19)	3 <sup>rd</sup>

#### 1/2 Long Fita

Ken Raye	MCBM	353 (45)	2 <sup>nd</sup>
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\*\*New Club record

## BITS & BOBS:

**Shooting Times – Sunday morning club shoot.**

**OK everyone refresher course needed.**

**Ground set up is between 9.00 & 9.15am.**

**Registrations close at 9.20 am to allow you time to set up your target/**

**Your FIRST priority when attending a shoot at the club is to**

**(a) Register and then set up the target you have allocated yourself to**

**(b) Set up your bow**

**(c) Chat to friends and other club members.**

**Between 9.20am & 9.30am any announcements / warm-up exercises will be completed.**

**Practise end commences at 9.30am with scoring following.**

**OK think that's it. If in doubt ASK when you arrive.**

### 2007 State Team Target Rankings @ 11<sup>th</sup> March have now been published:

From the 1st January 2007 State Open Team Rankings will be based on scores obtained from Target and/or Field tournaments between 1st January 2007 to 15th January 2008 where scores will be frozen:

**Minimum Score to be attained for Lady Compound is 1085 – Nil from Warringah**

**Minimum Score to be attained for Lady Recurve is 1031**

Aimee Deaves LR ranked 2<sup>nd</sup>.

**Minimum Score to be attained for Male Compound is 1140**

Sam Shennan MC ranked 12<sup>th</sup>

**Minimum score to be attached for Male Recurve is 1093**

James Johnstone MR ranked 3<sup>rd</sup>

These will be progressively updated throughout the year as the appropriate events have been shot.

### Norfolk Island Open Field Championships.

**30<sup>th</sup> June to 7<sup>th</sup> July 2007** - Flyer on Club Notice board. On behalf of the Norfolk Island Archery Association they would like to invite archery club membership to join them at their annual Open Field Archery Championships on Beautiful Norfolk Island. The Travel Centre is a proud sponsor of the championships. Dates for this years shoot are: 30 June -7<sup>th</sup> July (from Australia).

**Access Numbers:** It is important that whenever members are filling in their score sheets that they use their access number allocated. If in doubt these are listed on the club notice board.

Some members are using their Archery Australia membership number instead of their Access ID number.

The only time you would need Archery Australia membership number is when you are competing in tournaments, it may be a requirement that you list this on the entry form and produce to the organising committee when registering to compete at the event.

Again due to various members shooting 2 or 3 different types of equipment, it is important that your score sheet is filled in correctly – the Recorders crystal ball is currently broken!!!

### Financial Assistance to Club Members

The Executive Committee have reviewed their current financial assistance to club members who are selected to representative teams. A decision

was reach to provide a one off payment in each category in a calendar year as follows:

From 1<sup>st</sup> January 2007 financial assistance will be eligible to be claimed for club members competing in State & National Teams.

**Bronze recognition:** Members who are selected into a State Team will be eligible to claim \$50.00

**Silver recognition:** Members who are selected into a National Representative Team to compete in overseas events identified by Archery Australia will be eligible to claim \$75.00  
(Trans-Tasman Junior Test / World Cup etc.,)

**Platinum recognition:** Members who are selected into an Australian Team to compete at World Championships events (Junior/Target/Field/Indoor) and/or Olympic Games will be eligible to claim \$100.00.

Payments will be made at the annual club presentation night following representative status.

**Daylight Saving:** Yep this finishes on Saturday 24<sup>th</sup> March, therefore if you are anticipating shooting on Wednesday evenings, you need to ensure that you give yourself enough time to be able to shoot and lock up before dark comes in.

**Recorders Workshop:** Saturday 24<sup>th</sup> March commencing at 9.00am – please bring along a plastic sleeve or folder, together with a pen. Should only go for about 40 minutes so there will be time to shoot at the conclusion of the session.

**Outstanding Fees / Funds:** If you are in doubt as to how much funds you may have outstanding, please drop our treasurer Ian a line, or speak to him down the club.

**Sweep of Club Grounds:** It is important that when you are putting away your target you ensure that any hammers / tape measurers / Flags and most importantly target pins are also picked up.

## Ian's Joke Corner:

*A letter from a kid from Eromanga [a small town west of Quilpie in the far south west of Queensland] to his Mum and Dad.*

Dear Mum & Dad,

I am well. Hope youse are too. Tell me big brothers Doug and Phil that the Army is better than workin' on the farm - tell them to get in bloody quick smart before the jobs are all gone!

I wuz a bit slow in settling down at first, because ya don't hafta get outta bed until 6am. But I like sleeping in now, cuz all you gotta do before brekky is make ya bed and shine ya boots and clean ya uniform. No bloody cows to milk, no calves to feed, no feed to stack - nothin'!!

Blokes haz gotta shave though, but its not so

bad, coz there's lotsa hot water and even a light to see what ya doing! At brekky ya get cereal, fruit and eggs but there's no kangaroo steaks or possum stew like wot Mum makes. You don't get fed again until noon, and by that time all the city boys are bugged because we've been on a 'route march' - geez its only just like walking to the windmill in the back paddock!!

This one will kill me brothers Doug and Phil with laughter. I keep getting awards for shooting - dunno why. The bullseye is as big as a bloody possum's bum and it don't move and its not firing back at yer like the Johnsons did when our big scrubber bull got into their prize cows before the Ekka [State Rural Exhibition Show] last year! All yer gotta do is make yourself comfortable and hit the target - it's a piece of piss!! You don't even load your own cartridges - they comes in little boxes and ya don't have to steady yourself against the rollbar of the roo shooting truck when you reload!

Sometimes yer gotta wrestle with the city boys and I gotta be real careful coz they break easy - it's not like fighting with Doug and Phil and Jack and Boori and Steve and Muzza all at once like we do at home after the muster. Turns out I'm not a bad boxer either and it looks like I'm the best the platoon's got, and I've only been beaten by this one bloke from the Engineers - he's 6 foot 5 and 15 stone and three pick handles across the shoulders and as ya know I'm only 5 foot 7 and eight stone wringin' wet, but I fought him till the other blokes carried me off to the boozier.

I can't complain about the Army - tell the boys to get in quick before word gets around how bloody good it is.

Your loving daughter, Jill

## Club Shoot 18<sup>th</sup> March 2007

### **Victoria – 90 arrows @ 70m 122cm face**

Aimee Deaves	LR	753 (86)	1 <sup>st</sup>
Steve Jennison	MCM	743 (84)	1 <sup>st</sup>

### **Bellingin – 90 arrows @ 60m 122cm face**

Paul Dilley	MCM	704 (70)	1 <sup>st</sup>
Brett Guthrie	MR	522 (47)	2 <sup>nd</sup>
Ken Raye	MLM	205 (18)	3 <sup>rd</sup>

### **Geelong – 90 arrows @ 50m 122cm face**

Barry Ward	MRMB		
Kate Pettingell-Ward	CadetGR	379 (4)	

**IMPORTANT NOTICE:** The club will be hosting another Qualification Ranking Event on Saturday 7<sup>th</sup> April, 2007. The rounds will be Long & Short Fita / Fremantle / Intermediate & Horsham. This event is open to all members, however, please let Steve Salmon know your intention to compete. **As this is Easter Weekend, there is no Beginners classes being held, facilities will be available Friday & Monday for those interested.**